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Vancouver metro

Your essential daily news | TUESDAY, MARCH 15, 2016

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BUSINESS

Millennials: Workhorses that never take vacation

NO TICKET TO RIDE
MLA demands changes to resales after outcry over Paul McCartney tickets
metroNEWS
JED JACOBSOHN/GETTY IMAGES

Mayors push transit cash

BUDGET

Metro Vancouver wants piece of feds' $20B investment

Emily Jackson
Metro | Vancouver

With only a week left before the federal government reveals its 2016 budget, Metro Vancouver mayors are still nudging the federal government to invest in their $7.5-billion regional transportation plan.

Local mayors want a piece of the extra $20 billion the Liberal government promised to invest in transit over the next decade — and in a statement released Monday, they argue they deserve to get in on the first funding round because their plan is a "sound investment."

TransLink Mayors' Council chair Mayor Gregor Robertson reminded the federal government that Metro Vancouver has already prepared a comprehensive 10-year transit plan, which lost steam when voters rejected a 0.5 per cent regional sales tax increase to help pay for it in a referendum in spring 2015.

Some projects are shovel-ready and could get underway this year if the federal government makes an early investment in the region, Robertson said in the statement. Investment could create 11,000 construction-related jobs by 2018, according to the mayors.

If the federal government earmarks cash for the plan — it features a $2-billion Broadway subway, $2 billion for two light rail transit lines in Surrey, $1 billion to replace the Pattullo Bridge and big increases to bus and SeaBus service — Robertson stated it will "boost the nation-leading economic growth" in Metro Vancouver.

"Our plan responds to this government's priorities of jobs and green economic growth as well as cutting congestion and reducing climate pollution in municipalities across the region," he said.

He also noted that meetings with federal Infrastructure Minister Amarjeet Sohi went well.

"He showed a refreshing change from the previous government by demonstrating a strong commitment to investing in cities and recognizing the importance that transit plays in our nation's economy," Robertson said.

The federal government is expected to release the 2016 budget next week.

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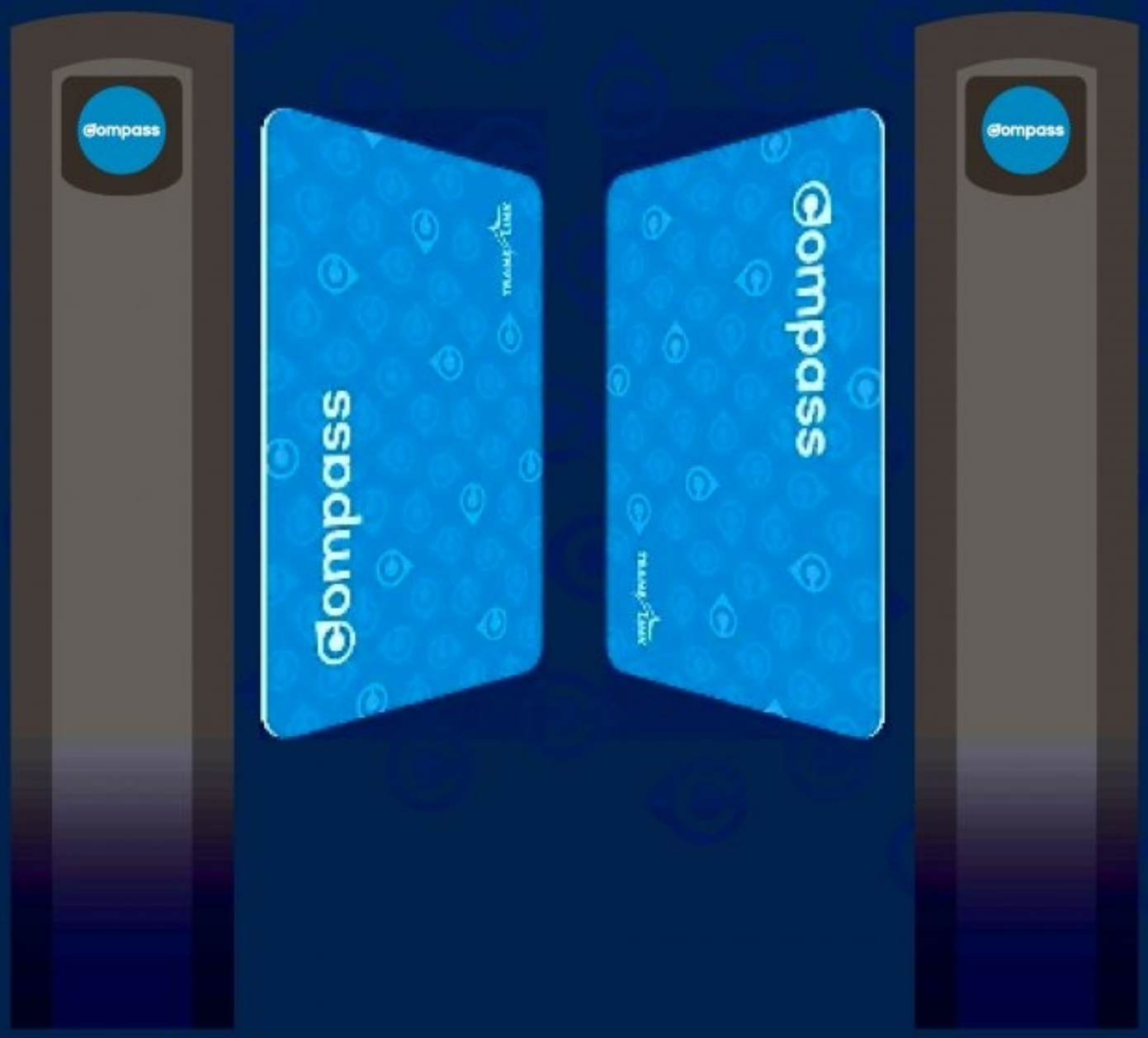

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European, Russian space agencies launch mission to hunt for signs of life on Mars. **World**

Caretaker cottages ill-suited to refugee needs: Park board

SYRIAN RELIEF

Too isolated, unfurnished and for too few people: Report

Emily Jackson
Metro | Vancouver

Vancouver's park board doesn't think its old caretaker cottages are appropriate for housing Syrian refugees.

The board was responding to a proposal to use the small houses in city parks as temporary homes for government-assisted newcomers.

Only a few of the city's 71 caretaker cottages are vacant, so park board commissioners passed a motion in December asking staff to investigate whether any of the empty suites could be used on a temporary basis by a few of the 2,400 Syrian refugees expected to arrive in British Columbia.

"It's not a big solution, but I think in this crisis in affordability and housing in this city, every small little bit helps," Commissioner Catherine Evans said in December. "That would be a really nice and safe place to land while looking for a longer-term housing solution."

But there are many concerns about using the space to house vulnerable refugees, according to a February memo to commissioners from park board general manager Malcolm Bromley.

The eight empty fieldhouses that have not been committed to other uses are completely unfurnished and suitable for only one or two people, Bromley writes. The Immigrant Services Society of B.C. has previously said it needs housing for larger families, with five to eight members.

Social isolation is Bromley's second concern. Caretaker cottages sit in fields that are closed to the public after hours and do not have close neighbours. Only two of the locations studied were convenient to outside amenities and services, he adds.

Vancouverites could confuse the refugees as park caretakers or staff, leading them to approach them with questions about parks, washroom maintenance and facility access, Bromley writes.

"Fieldhouse residents are exposed to user conflicts, substance misuse in and around the facilities, vandalism, after-hours loitering, homeless populations, and other situations that could create discomfort and impact feelings of safety and security," Bromley adds.

While he stops short of advising the park board not to use the housing for Syrian refugees, he certainly doesn't give his stamp of approval.

Bromley also points out that the park board was planning to advertise the vacant suites for use for sports, arts, food and environmental groups in exchange for community activation.

Staff planned to begin that process in March and have community groups move in to the fieldhouses by May 1.

The Vancouver Park Board field house at Granville Park on West 14th Avenue and Fir Street. EMILY JACKSON/METRO FILE

> **"Fieldhouse residents are exposed to user conflicts.**
> Malcolm Bromley

Support people with mental health challenges and addictions as a

Community Mental Health & Addictions Worker

"For the first time in my life, I know my purpose … to help those in need. Whether that help is a shelter bed, a hot meal, or to lend an ear in times of emotional distress, I love going to work day in, day out. Thanks for helping this spark grow into a flame Stenberg!" – **Troy Balderson**, Stenberg grad

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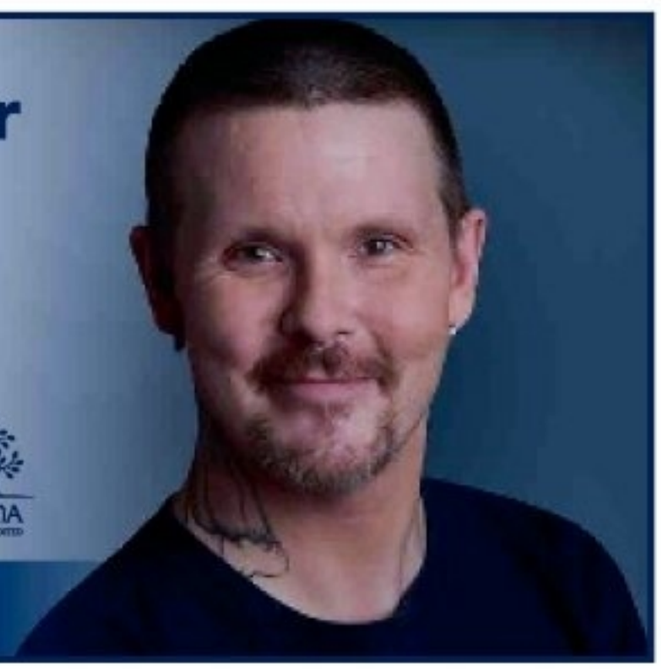

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Vancouver MLA calls for oversight on ticket resales

REGULATION

Price gouging for upcoming McCartney gig sparks outrage

Matt Kieltyka
Metro | Vancouver

British Columbia needs to do more to protect consumers from predatory ticket practices, a Vancouver MLA says.

Spencer Chandra Herbert, NDP MLA for Vancouver-West End, wrote to Minister of Justice Suzanne Anton on Monday, demanding action on ticket scalping.

"Constituents tell me stories of getting ready to buy their favourite artist's tickets when they are released for sale, only to be denied as another corporation purchased all of the tickets for re-sale on their website," wrote Chandra Herbert.

"The tickets appear for re-sale moments later at often outrageous prices. My constituents are sick of being gouged."

The latest outcry is over tickets to pop legend Paul McCartney's upcoming Vancouver gigs on April 19 and 20 at Rogers Arena.

Tickets officially went on sale at Ticketmaster Monday, with prices ranging from $39.50 to $295.

Tickets to a Paul McCartney concert that went on sale Monday were in some cases being resold for close to five times the original price. BRIAN BAHR/GETTY IMAGES

Within minutes, people complained about the lack of available ticketing options while re-sales on Ticketmaster's own website were already advertising seats in the $358 to $1,425 range.

Chandra Herbert said the lack of consumer protection in B.C. means the number of tickets legitimately available to the public at face value are in short supply.

Meanwhile, scalpers (some of whom use computer programs to buy large quantities of tickets) and scammers (who sell fraudulent tickets online) reap the rewards.

"I think we need some consumer protection in place to stop this from happening," Chandra Herbert told Metro.

"If we had one company buying up all the food in the province and reselling it for twice the price, people would be outraged."

The politician's call to action has the support of at least one local ticket broker. Vancouver Tickets' general manager Kingsley Bailey said he has long supported legislation that would require re-sellers to be licensed and force Ticketmaster, which has a monopoly on sales and also runs its own re-sale website, to be more transparent.

> **"If we had one company buying up all the food in the province and reselling it for twice the price, people would be outraged.**
> Spencer Chandra Hebert, NDP MLA

Between numerous presales, holdbacks for promoters, preferred resellers and VIP packages, Kingsley guesses about 50 per cent of a venue's tickets actually go on sale to the public when box offices open.

"That's a conservative guess but can you blame them? Wouldn't any monopoly do that if they could increase profits 10-fold?" he said. "There's no transparency. People are dissatisfied with the marketplace." Brokers like Bailey then bear the brunt of the public's rage, he said.

LANDLORDS AND TENANTS

RTB slated to improve

The Residential Tenancy Branch is expected to provide better call support after having its budget increased, the provincial government says.

NDP MLA David Eby has accused the branch of being underfunded and understaffed after obtaining the agency's latest quarterly activity report through a Freedom of Information request.

The document showed there were 39,289 abandoned calls (about 24 per cent of all calls to the RTB) and an average call wait time of 34:45 for tenants and landlords in need of assistance in the 2014-15 fiscal year.

"It's pretty clear that the systems in place are failing both landlords and tenants," he told Metro on Sunday.

A statement sent to Metro from the Ministry Responsible for Housing on Monday says improvements are coming.

The government has increased the branch's budget by $585,000 this year, allowing it to hire more arbitrators, increase hearing capacity, expand online services and decrease wait times.

The RTB also reorganized its call centre in 2014 and hopes new web-based tools will help take a load off the phone lines. "We're optimistic that by providing landlords and tenants with better access to information online, we can reduce call volumes and wait times for phone service," the statement reads.

MATT KIELTYKA/METRO

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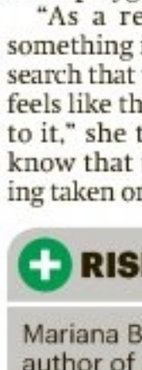
UBC prof says kids need rough-and-tumble play

RECREATION

Municipalities starting to take her ideas to playgrounds



Thandi Fletcher
Metro | Vancouver

After years of researching the benefits of risky outdoor play for children, a University of British Columbia professor says she feels gratified to see some Lower Mainland municipalities heed her work.

Mariana Brussoni, who teaches in UBC's School of Population and Public Health, said she is pleased to see local municipalities include natural play features in their playground designs in an effort to reintroduce risk into children's play.

Delta council recently voted unanimously to include natural play environments to help teach children about risk management. Richmond and North Vancouver are also updating their playgrounds.

"As a researcher, unless something is done with the research that we develop, it often feels like there's not much use to it," she told Metro. "But to know that the evidence is being taken on board and influencing play space design for kids, that's incredibly gratifying."

A child climbs up a ladder at a playground. MICHAEL NEWMAN/FLICKR

In the last generation, she said adults have been consumed with protecting kids from injury. But her research shows that too much bubble wrap may be thwarting healthy child development.

Brussoni acknowledged that nobody wants to see a child fall and hurt themselves, but argued that today's playground safety standards combined with too much supervision are preventing kids from developing risk management skills.

"Nobody wants to get a broken arm but, at the same time, it's not the end of the world," she said. "These are things that are fundamental for learning about themselves. If they're figuring out what they can do and what leads to a fall, those are skills that they can then translate to other situations to help keep themselves safe."

With her own kids, ages 7 and 6, Brussoni said she subscribes to the notion of making things "as safe as necessary, but not as safe as possible."

"It's about trusting their own instincts more, peeling away those layers of other people's expectations, and guilt and letting kids be kids."

WITH FILES FROM TORSTAR NEWS SERVICE

> **Nobody wants to get a broken arm but ... it's not the end of the world.** UBC researcher Mariana Brussoni

RISK MANAGEMENT FOR YOUNGSTERS

Mariana Brussoni is lead author of a study published last June that found risky outdoor play, such as climbing, jumping and rough-and-tumble activities, are not only beneficial for children's health but also encourage creativity, social skills and resilience.

REAL ESTATE

Housing demand keeps on going up

February was a record-shattering month for home sales in British Columbia, with a 44.7 per cent hike, compared to the same month last year.

The B.C. Real Estate Association said 9,637 residential units changed hands across the province in February.

That was 1,480 units higher than the previous sales record for February, which was set in 1992.

"Housing demand is now at a break-neck pace," said Cameron Muir, the association's chief economist.

"Home sales last month were not only a record for the month of February, but on a seasonally adjusted basis, demand has never been stronger in the province," he said.

Value of total sales also surged to $7.51 billion, up 76.4 per cent compared to last February.

"Downward pressure on active listings has created significant upward pressure on home prices in some regions, particularly in Vancouver and the Fraser Valley," Muir said.

More homes were being built across B.C. last month, but Muir estimated a record pace for housing starts would not outstrip demand any time soon.

Real Estate Association numbers showed the value of residential sales across the province soared 73.6 per cent to $11.9 billion since the start of the year, compared with the same period in 2015.

In the first two months of 2016, the association said the average residential price in B.C. ballooned 23.9 per cent to $769,400.

THE CANADIAN PRESS

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Choir, priest bless Tofino fleet at dockside ceremony

ANNUAL TRADITION

Community reflects on last October's whale tour tragedy

A reverend relayed prayers over a radio transmission and a choir sang hymns from the dock in the pelting rain as crews and vessels waited to be blessed in a ceremony of hope, safety, survival and renewal.

The annual blessing of the boats ceremony in Tofino was conducted Monday as the tourism-dependent community struggles to recover from the deaths of six people when a whale-watching vessel sank last October.

An investigation is still underway to determine why the Leviathan II went down near Tofino with more than two dozen people on board, but those at the ceremony were ready to move ahead after a winter of deep reflection.

"It's been a tough winter knowing what happened with the Leviathan," said Rev. Will Ferrey after presiding over the blessing ceremony. "It was good to have some time as a community to stop and reflect and think about what happened and the very real dangers of what happened here. I think we are ready to move on and see what the next season brings."

Ferrey stood at the dock's edge and delivered a series of prayers dedicated to those who live, serve and thrive on the sea. Lined up in the harbour were whale-watching and fishing boats, water taxis, kayaks and coast guard and Department of Fisheries and Oceans vessels.

"Today, we gather to bless these ships and these boats and those who work on them to protect our country, to protect our citizens, to provide food from these waters and those who use these waters for recreation, sightseeing, transport and family outings," Ferrey said.

"Bless these boats, their equipment and all who will use it," he prayed. "Protect them from the dangers of wind and rain and all the perils of the deep."

The boat-blessing ceremony included several lighthearted moments, especially when the boats passed by the dock to be "blessed" with water sprayed from a ceremonial squirt gun. The ceremony is part of the Tofino area's 30th annual Pacific Rim Whale Festival marking the yearly return of up to 20,000 migrating grey whales.

Mayor Josie Osborne said heavy hearts remain in the community because of the Leviathan sinking, but the coming of spring and the arrival of the whale festival signal a new start for the area.

"We all took some time this winter when it was less busy to reflect and think about what took place," she said. "At the blessing of the boats, I think we'll all be spending some time thinking about what took place last October."

The Leviathan II sank at Plover Reefs, an area just west of Tofino known for abundant sea life but churning waters and nasty currents. It's a 20-metre converted, two-deck forest-industry vessel operated by local whale watching company Jamie's Whaling Station.

Five Britons died in the sinking. Transportation safety board investigators have said passengers were standing on one side of the top deck when a wave hit the opposite side of the vessel.

Tofino resident Sophie L'homme, who was on the dock to conduct the Tofino Choir for Grown-Ups, said the blessing ceremony marks a turning point for Tofino.

"We're all so happy the whales are back and we're going to get out there and show our beauty to the tourists," said L'homme, who works as a water-taxi operator. "The ocean is our town. We have to go on."

THE CANADIAN PRESS

Rev. Will Ferrey reads blessings to Tofino's fleet during a ceremony at the community dock on Monday. Ferrey's messages were broadcast by radio phone to the boats, which then came to the dock and were blessed with a ceremonial blast from a squirt gun. DIRK MEISSNER/THE CANADIAN PRESS

> "We're going to get out there and show our beauty to the tourists.... The ocean is our town."
> Tofino resident Sophie L'homme

SEASPAN SHIPYARDS

Feds add $30M for science vessel

The federal Liberals have announced another multimillion-dollar top-up for a key project under the national shipbuilding strategy after the former Conservative government lowballed the original budget, says the minister in charge.

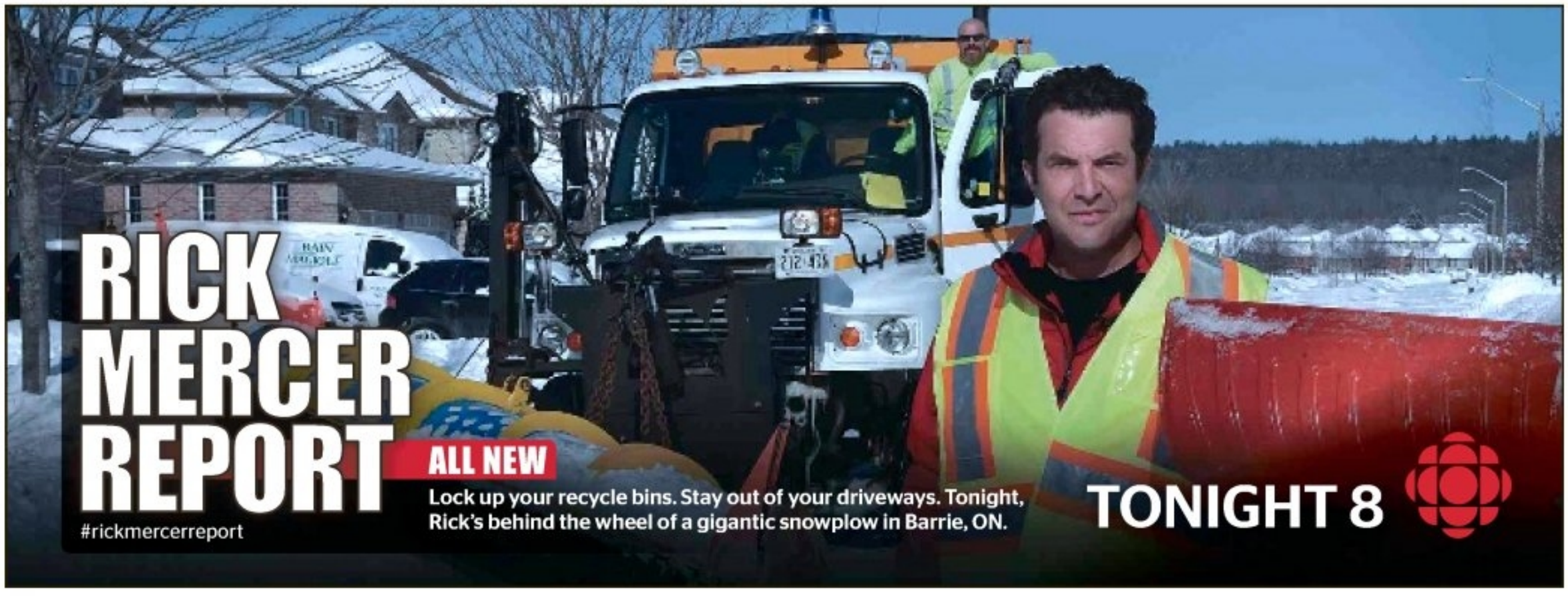
"We inherited a bit of a mess," said Public Services and Procurement Minister Judy Foote shortly after committing an additional $30 million to build an offshore oceanographic science vessel. The project is behind deadline, with its overall cost now at more than $170 million, or 60 per cent over its initial budget. "We're working to try to fix that mess."

Foote made the announcement in front of hundreds of hard-hat-toting workers gathered inside a Seaspan Shipyards hangar in North Vancouver on Monday.

The minister also promised $35 million for Seaspan to start work on three joint supply ships. Those vessels will deliver fuel, ammunition, spare parts, food and water to Canadian and allied vessels, allowing them to remain at sea for long periods.

The previous government relied on an "unrealistic" costing methodology that failed to take into account various price increases, including inflation, Foote told reporters.

Conservative procurement critic Steven Blaney said the Liberals inherited a rigorous process that was recognized by the auditor general as being fair and competitive. THE CANADIAN PRESS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Designer inspired by her surroundings

Jennifer Somoza is known for her Pagoda leather handbag collection, which is inspired by the design of tiered pagodas built in historic South Asia. CONTRIBUTED

FASHION WEEK

Former architect makes debut

Thandi Fletcher
Metro | Vancouver

When Jennifer Somoza came up with the concept for her first clothing collection, she didn't have to look far for inspiration.

An architect-turned-fashion-designer, Somoza turned to her surroundings, taking in the geometrical lines and shapes of buildings as she put pencil to paper.

"Architecture has been very important for me because it helped me to know shapes and volume," the Venezuelan designer told Metro.

"I try a lot to experiment with shape, volume and texture in my designs."

Those strong lines and geometrical shapes will be on display Tuesday evening when Somoza's fall and winter collection hits the runway at Vancouver Fashion Week. Looking to architecture for a spark of creativity is familiar territory for Somoza, an already accomplished handbag designer whose Pagoda leather handbag collection was inspired by the design of tiered pagodas built in historic South Asia.

Jennifer Somoza is making her Vancouver Fashion Week debut Tuesday. CONTRIBUTED

"I tried to minimalize that shape, the roofs, all the feelings (that are conjured) by the pagoda and tried to make a bag with that," said Somoza. "It turned out to be something quite nice because it's wearable, it's modern and it can be really urban."

Although she is a trained architect, Somoza said her true love has always been fashion. After finishing her architecture studies in Venezuela, she said moved to Italy to pursue a career in fashion.

While studying in Rome, however, she said she quickly realized a love for all things design, expanding her creative outlets from clothing to jewellery and handbags as well.

"I started to just make anything I could once I wanted to do it," she explained. "In the morning, I would wake up and make a bag or paint or make a necklace and earrings. I really explored all of my creativity."

Regardless of what she designs, however, architecture is almost always serves as her inspiration. On Monday, Somoza said she walked through downtown Vancouver and was mesmerized by the "stunning" buildings she saw.

"I'm just in love with this place," she said. "It's just amazing."

Jennifer Somoza hits the runway at Vancouver Fashion Week at 8:15 p.m. Tuesday.

CORRECTION

A photo that featured Vancouver Fashion Week founder Jamal Abdourahman in Monday's Metro was taken at the Dr. Sun Yat-Sen Classical Chinese Garden in Vancouver. METRO

IN BRIEF

RCMP find pair suspected in Burnaby hit-and-run

Two people have been arrested in Creston after a hit-and-run collision that killed a young woman more than 700 kilometres away in Burnaby.

RCMP say a 25-year-old man and an 18-year-old woman were taken into custody and that investigators from Burnaby have travelled to Creston to speak with the suspects and examine the vehicle.

THE CANADIAN PRESS

Woman dies after coming out of government care

British Columbia's independent representative for children and youth says a young woman has died tragically after transitioning out of government care.

No information about the woman or the cause of death has been released, but coroner Barbara McLintock says an investigation is underway.

THE CANADIAN PRESS

CORRECTION

A photo that featured Vancouver Fashion Week founder Jamal Abdourahman in Monday's Metro was taken at the Dr. Sun Yat-Sen Classical Chinese Garden in Vancouver. METRO

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SCIENCE

Pesticides hinder bees' pollination: Study

A bumblebee gathers nectar.
ROBERT F. BUKATY/THE CANADIAN PRESS

Exposure to even small amounts of pesticides is preventing bumblebees from efficiently extracting pollen from their favourite wildflowers, says a new study, raising concerns that the chemicals impair the insects' ability to learn.

And scientists warn that could affect the ability of the bees to pollinate both crops and wild plants, which can ultimately harm the food supply.

The findings, contained in a study co-authored in Canada and the U.K., show bumblebees exposed to a realistic level of a neonicotinoid insecticide called thiamethoxam, collected more pollen, but took longer to do so than control bees.

The study, published Monday in Functional Ecology, found that low exposure to the crop chemical can hinder the ability of bumblebees to develop the skills they need to collect nectar and pollen.

While several studies have been conducted on the effects of pesticides on the honeybee population, these findings are the first to explore how the chemicals may affect the ability of bumblebees to forage from common wildflowers.

The pesticides confuse the insects, changing their foraging behaviour and floral preferences and hindering the development of the skills needed to extract nectar and pollen, says University of Guelph professor and senior author Nigel Raine. THE CANADIAN PRESS

Tom Mulcair is applauded in Montebello, Que., in January.
ADRIAN WYLD/THE CANADIAN PRESS

NDP lost its way: Letter

POLITICS

Quebec group stops short of mentioning leader Mulcair

A group of New Democrats from Quebec — including three defeated MPs — have written an open letter calling for renewal in the party as Thomas Mulcair prepares for a major test of his leadership.

"As New Democrats, we feel that we have lost our way," says the letter, signed by 37 Quebec-based activists, grassroots members, riding association presidents, organizers and former Quebec NDP MPs Jamie Nicholls (Vaudreuil-Soulanges), Hélène LeBlanc (LaSalle-Émard-Verdun) and Élaine Michaud (Portneuf-Jacques-Cartier).

They never mention Mulcair by name, but they are calling for a new direction as Mulcair campaigns to win a crucial vote at the NDP convention in Edmonton next month, when party faithful will decide whether he gets to stay on as leader.

"We feel that the campaign we ran in the last election fell short of the aspirations of New Democrats. We are troubled that we have forgotten the reasons why we exist and the principled values that have guided us," says the letter.

"We did not recognize ourselves in the platform we had to defend. The NDP is not a party like any other. We seek office to make positive changes for Canadians, not for the sake of power itself.

"We want the NDP to build on our proud tradition. To do that, we need to dedicate ourselves to a renewal of our party, to make it more progressive, more democratic, more transparent and to listen to and use the talents of our members. Political communication means integrating Canadians' hopes and priorities into our policies, not simply asking for donations."
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The depths of homelessness

REPORT

National data notes common causes, reason for hope

Stephane Boyer sits on his bed in his room in a shared apartment in the basement of an abandoned church in Thunder Bay, Ont. PAUL CHIASSON/THE CANADIAN PRESS

Stephane Boyer's nostrils flare and his breathing quickens, his lips failing to separate, when he thinks about Doreen — his partner of 22 years who died in August.

Doreen, who lived first in substandard housing and then on the street, was among 17 people who died on the streets of Thunder Bay, Ont. according to a new federally organized homeless census that illustrates the depth of disparity across the country.

The numbers, of course, only tell part of the story.

One woman was found dead in a laneway behind city hall that's visible from the mayor's office. A local aboriginal artist who struggled with addiction was pulled from the river.

Like Thunder Bay, 29 other small and medium-sized cities are taking part in either the federally organized count of homeless people or a similar effort organized by the anti-poverty group 20,000 Homes.

The hope is that the data will paint the most detailed picture yet of the homeless population in Canada, after years of estimates of the number of people who go homeless each night and each year — about 35,000 and 230,000, respectively.

The federal government has quietly collected a growing amount of information over the last three years on people visiting shelters.

That data has illustrated a remarkably consistent picture that suggests homeless populations have similar makeups.

"Even when you look within the homeless population at different sub-groups — say youth, males, females, families, whatever — it tends to be remarkably similar from city to city and from year to year."

"It tends to be remarkably similar from city to city.
Federal documents

The hope is that the national data can help communities craft better plans to combat homelessness and organize services, and also inform plans for a national poverty reduction strategy the federal Liberals promised.

"It's a really tough to get people to do anything when ... you can't give them the data," said Bonnie Krysowaty, with the Lakehead Social Planning Council. "That's why this point-in-time count was so important for Thunder Bay, because we haven't had this kind of data ... our city councillors really like to see the data, they like to see the numbers." THE CANADIAN PRESS

DOCUMENTS

Feds lagging on online services

The federal government is lagging behind both private sector offerings and Canadians' expectations in online services, internal documents warn.

A full 77 per cent of federal services still cannot be completed over the Internet, documents prepared for Treasury Board President Scott Brison show.

"Government is not doing a good enough job of meeting the needs and expectations of citizens for quality, accessible services," read the documents, obtained by Torstar News Services under access to information law.

"Fifteen years ago, Canada placed first worldwide in e-government services; today the UN e-government survey ranks Canada as 11th."

Services like passport applications, requesting access to government information, or obtaining proof of citizenship all require in-person treks to Service Canada locations or mailed application forms.

A minority of services, like filing taxes or updating pension information, can be done online through government websites.

Canadians grumbling about the provision of government services is, of course, not a new development in the Internet age. However, the documents state that the private sector's online offerings have increased Canadians' expectations on the speed and ease of obtaining services.

Since assuming his post as Treasury Board president, and responsibility for the federal government's overall service standards and policies, Brison has talked about the need for a cultural shift in the public service to be more nimble and modern.

Brison also recently told the Ottawa Citizen that the federal public service needs an infusion of young blood — a more digital-savvy, innovative generation of bureaucrats with fresh ideas.

"It's much easier to build a modern, digital government if you engage the modern, digital generation," Brison said. "This is the generation that has grown up digital. And we are never going to be able to render government digital without their engagement."

The Liberal government will have to figure out a way to bring about widespread changes if they plan to make good on a campaign pledge to create a one-stop online portal for federal services.

TORSTAR NEWS SERVICE

Healthy lifestyle

The link between sugar consumption and increased body fat has long been known. Too much sugar in the diet promotes more insulin, the fat storing hormone, and thus more body fat.

THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

Recently an Italian study of a sugar-blocking supplement showed impressive weight loss results.[1] The supplement, called Zuccarin™, produced on average 20 pounds of weight loss, in only 90 days.

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

Rivals could still take down Trump

U.S. ELECTION

How Romney might possibly end up as the GOP nominee

There is a chance — not a big chance, but a real chance — that Mitt Romney could become the Republican presidential nominee.

No, Romney is not running again, but he could win the nomination anyway. This is the magic, or perhaps the injustice, of the contested political convention.

"Look, Reagan and Ford battled it out in a contested convention," Texas Sen. Ted Cruz told Fox News. "That's what conventions are for."

Trump's rivals have largely given up on the possibility of winning the normal way, and party insiders are so aghast at the prospect of a Trump takeover that they are scheming to figure out how to grab the nomination away from him through wheeling and dealing at the July convention in Cleveland.

If Trump wins Florida and Ohio on Tuesday, he is very likely to win the nomination outright. But if he loses both, or even one, there might be a path to a convention play. A narrow path, but a path.

Here's how it would work.

A total of 2,472 delegates are at stake in the primaries. A candidate needs 1,237 delegates, a majority, to win the nomination. Trump has already earned more than 460 delegates. If he wins Ohio and Florida, he'll earn 165 more. And he'll need to earn fewer than half of the remaining delegates to get to 1,237.

If he loses Ohio and Florida, he'll need to earn about two-thirds of the remaining delegates to get to 1,237. If he loses Florida, he'll need about 60 per cent.

In either case, Trump might finish the race in the lead, but with a number of delegates lower than 1,237. If this happens, his rivals can woo delegates on the convention floor. If no candidate gets a majority in the first vote, there is a second. In that case, many of the delegates are free to vote for whomever they want.

That could be Cruz or even Romney, who said on Sunday: "I don't think anyone in our party should say, 'Oh no, even if the people of the party wanted me to be president, I would say no to it.'"

TORSTAR NEWS SERVICE

TACTIC

A rare and risky move

The tight 1976 Gerald Ford-Ronald Reagan race was decided on the first vote. The last multi-ballot Republican contest was in 1948, the last for the Democrats was in 1952. So last-minute manoeuvring would be rare and risky. Trump supporters might boycott the general election. Especially if the notoriously vindictive businessman asks them to. TORSTAR NEWS SERVICE

The Proton-M rocket booster blasts off at the Baikonur cosmodrome in Kazakhstan on Monday, carrying equipment for a Mars mission. DMITRI LOVETSKY/THE ASSOCIATED PRESS

EXPLORATION

Mars mission to hunt for life

Europe and Russia launched a joint mission Monday to explore the atmosphere of Mars and hunt for signs of life on the red planet.

The unmanned ExoMars probe — a collaboration between the European Space Agency and Roscosmos — took off from a base in Kazakhstan aboard a Russian rocket and is expected to reach Mars in October.

The probe's Trace Gas Orbiter will analyze methane and other gases in the Martian atmosphere to determine where they are coming from, said Paolo Ferri, ESA's head of mission operations.

Methane is created by biological or geological activity and breaks down within a relatively short period of time once it reaches the atmosphere.

> **If there is methane** it means there is basically a process going on.
> Paolo Ferri

"It cannot be older than 400 years. That means there has been either biological or geological activity in this time frame," said Ferri. "Four hundred years is nothing. If there is methane it means there is basically a process going on now."

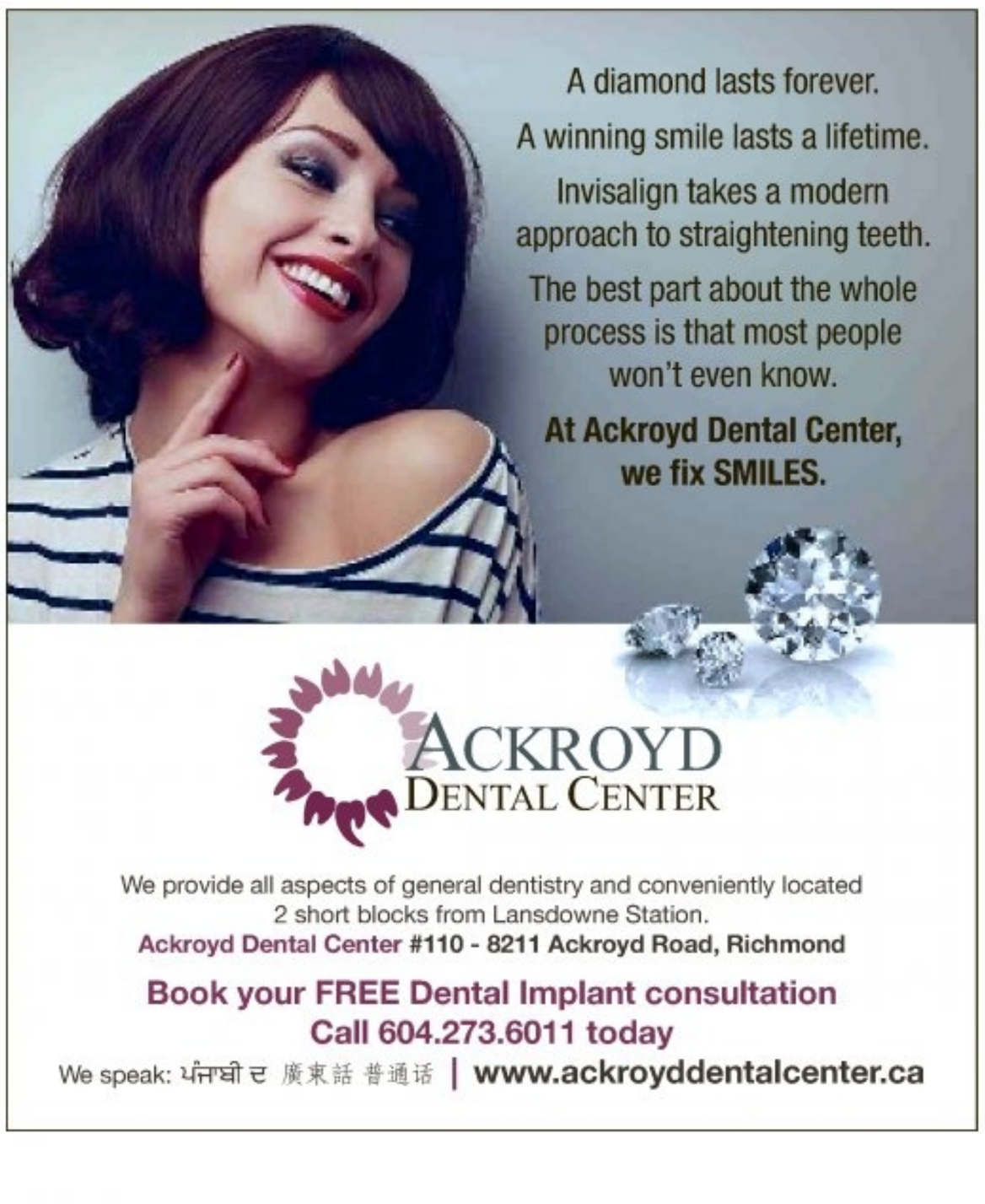
The prospect of finding life on Mars has excited scientists for some time, but so far none has been discovered.

"The fact that they've not found life doesn't mean certainly that there's no life there," said Ferri.

That task will fall to a rover ESA plans to send to Mars in 2018. Until then, the orbiter will have time to find a good landing spot and conduct a test run using a trial lander called Schiaparelli that's on board the prob

ExoMars, which cost the European Space Agency alone 1.3 billion euros ($1.44 billion), is the first interplanetary mission jointly undertaken by ESA and Roscomsos.

The orbiter also has a NASA-built radio on board that will help relay signals from other Mars probes. THE ASSOCIATED PRESS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Four tips when filing taxes

TAX RETURNS

Accountants don't know what you don't tell them

With the April 30 deadline for filing most personal tax looming, people will soon start running to their accountants (if they haven't already).

Here's what they wish you knew about doing your taxes.

The deadline for filing taxes is looming. One advice you should follow is to file on time. ISTOCK

Don't trust your accountant to know everything

He or she might seem like a magical math machine, but they're not omniscient. Junaid Usmani, a tax partner at SRJ Chartered Accountants, said it's important that you know the basics of your finances, because your accountant can't know what you don't tell them.

A common example is foreign ownership. The penalties for not disclosing foreign assets worth more than $100,000 can be steep, and even having a U.S bank account falls under the category.

File on time – even if scared

If you know you won't be able to pay the amount you'll owe after filing your return, it might be tempting to delay filing. But Zoe Klein, a Toronto tax preparer, said it's better to file and avoid penalties, which will only make the problem worse. Those penalties can be significant, Klein said. Filing on time can also make payments easier, because the Canada Revenue Agency can work out a payment plan with you.

Report that side income — it might help you

There's nothing wrong with getting a little action on the side, as long as you disclose it. Many people are afraid of reporting income they earned doing freelance work or running a small side business, thinking the taxes will be harsh.

But there's some good reasons to report that income — and not just the legal ones. Usmani said the tax bill on side income doesn't have to be that large, especially if the expenses behind doing the job were high, too. "If your little side business is operating at a loss, that can actually save you tax dollars, because that loss can be applied to reduce your other income," he said.

Remember the littler things

Klein works with a lot of artistic clients, and says she frequently has to remind them that grants are subject to complicated rules, and must be declared in a tax return.

"Unless you're a student enrolled in a post-secondary institution, grants are taxable," she said.

People also usually don't know that their medical expenses can give them significant tax credits. Anything from health insurance deductions to prescription medication (but not vitamin supplements) can count toward medical expenses. If those expenses are higher than three per cent of your annual income, then there's the possibility for tax savings, Klein said.

TORSTAR NEWS SERVICE

JOBS

Millenials not taking vacations

Jessica Smith Cross
Metro | Toronto

A TD survey released Monday found that nearly half (46 per cent) of Canadian millennials don't take their full vacation day allotment away from work. That's higher than the general working population: 42 per cent of Gen Xers and 29 per cent of Baby Boomers.

The survey found all generations reported they didn't take their time off because they're too busy at work or don't have enough money for a vacation. Meanwhile, the vast majority of all age groups said they believe vacation time is essential to keeping them happy.

Shirley Malloy, a TD associate vice president, said she thinks this survey should send a message to employers that they should encourage their employees to use their vacation time.

Malloy advises people to use their vacation time, even if that means taking a cheap "staycation" to your hometown.

metro VIEWS
Your essential daily news
Tuesday, March 15, 2016

SAMANTHA EMANN

Every year, usually at a holiday event, I get into a debate with family or friends about politics, religion or money. It usually ends with my grandfather throwing up his hands, my dad lovingly lecturing me about my lack of money sense and everyone, mostly, keeping their thoughts to themselves on religion or at least my lack thereof.

For Canadians, all three of these untouchable topics merge to create the fuel that keeps the debate burning about publicly funded Catholic schools. It's time to put out the fire. Publicly funded religious schools have to go. And the process could be easier than you might think.

The most common argument for the continuation of this particular Canadian tradition boils down to: The Constitution says so.

In fact, only three provinces still constitutionally require separate funding for Catholic schools: Ontario, Saskatchewan and Alberta. Those who say we cannot, or should not, stop funding Catholic schools because of constitutional obligation are forgetting a key thing.

The Constitution's central document — more specifically section 93 the Constitution Act of 1867, also called the British North America Act — gives provinces the right to make laws governing education. It forbids provincial laws from "prejudicially" affecting the schooling rights of religious minorities, if such groups are identified in the province's founding documents. Such documents, including the Alberta Act and the Saskatchewan Act, can be changed.

Publicly funded Catholic schools had their place in the founding of this country, but they have outlived their relevance.

The process for this type of amendment is laid out in section 43 of the 1982 Constitution Act. It requires the approval of the House of Commons, the Senate and only the province or provinces that the change affects.

In Ontario the process would be basically the same. The provincial and federal legislatures would have to agree to the change, and a line would be added to section 93 stating that the separate-school rules don't apply to Ontario.

There's no reason to think the feds wouldn't go along with this. They green-lit Quebec's move to do the exact same thing in 1999.

In no case would fractious negotiations, Meech-Lake-style, be required. Alberta requires all constitutional amendments be put to a public vote — a pain, but not impossible.

Which is good. Because it needs to be done. Publicly funded Catholic schools are unfair to Canada's many other religious groups and cultures. Funding all religious schools equally would be a logistical nightmare, and in my view, public services should be affirmatively secular.

As should be apparent to anyone who has been following the news for the past year, some Catholic schools' boards, trustees, teachers and advising clergy have a record of discriminatory, socially regressive efforts to hinder advances made in the interest of student safety and learning.

One example: In Alberta there's Calgary's Bishop Fred Henry (schools' gay-straight alliances are "anti-Catholic" and "totalitarian") and Catholic opposition to the (cancer preventing!) HPV vaccine being given in school.

That deficit-plagued province recently asked voters for ideas online for ways it could save money in its budget. Here's an idea: According to a 2012 report from the Federation of Urban Neighbourhoods, merging Ontario's Catholic and public school boards would save the province more than $1 billion.

Catholic schools had their place in the formation of this country, but they have outlived their relevance. If elected officials won't do it for the inclusion or equality of all their constituents, they should do it for the money.

Samantha Emann is a copy editor at Metro. You can reach her at Samantha.Emann@metronews.ca

ROSEMARY WESTWOOD

It's nice to have a white wedding — even for today's brides

In the stylish and soapy TV drama Scandal, the indomitable political strategist Olivia Pope (played by Kerry Washington) wears white like it's armour. She obsesses over her both real and metaphorical "white hat" — the symbol of her defence of justice and her sacrifices for noble causes.

White, in this sense, is a power colour. It is strength, writ positive, and a statement at odds with the domineering but dark power of black.

But I wonder whether Pope, a non-traditionalist in almost all matters, if she were to marry, would don white. Where white makes for a statement suit in the halls of the White House (arguably the seat of global power), it is nothing short of conventional down the aisle.

And today's so-called modern bride could not be more traditional in colour. Almost everyone still chooses cream, off-white, coconut or pearl. I will wear white(ish). And I'm struggling to figure out why.

White, I remind myself, has other notes than virginal: righteousness and freshness. Hope and purity, not of sexual virtue, but of romantic intent. Intent of the soul.

Coco Chanel supposedly ascribed to the colour "perfect harmony." At a recent viewing of the painter J.M.W. Turner's works, his use of light was most arresting — that is, his use of glowing, swelling white.

G.K. Chesterton wrote God "never paints so gorgeously, I had almost said so gaudily, as when He paints in white." That he was talking about chalk is beside the point.

The Western cliché of bridal white has incredible staying power. According to Time Magazine, Queen Victoria's scandalous choice of white silk over the then-fashionable red for her wedding gave us the tradition back in 1840.

And whatever else today's brides may want for their "big day" — they want a big day, they want it to feel like a wedding and they want to strike the vision of a bride. That means white, in lace or silk, short or long, slinky or poofy, overwrought by gaudy detail, or simplified to a sheath.

You. In white. It is an intoxicating fantasy.

Perhaps white's very dominance says something about how in flux all the rest of it is: the actual wedding, and the ensuing marriage. When the details of the day are entirely up for grabs, from an elopement to a grand party. When the marriage itself might look exactly like the proceeding relationship, or might not mean anything that it used to.

Maybe then, we (in white) feel the need to hold on to some symbol of the moment. Some nod to the ceremony. Some sign that we are, in fact, brides.

THE MICROTREND: Tranquility for tots

Spas, in today's ultra-connected age, have never held so much appeal to so many. And they're luxuriously lucrative. A new report from SpaFinder — aimed at investors — has identified an untapped (and presumably, still stressed-out) demographic: children. Forget playing in the dirt to blow off steam. Today's kids are suffering from "tech neck" from too much time on tablets, and their parents are signing them up for mindfulness sessions, holistic whole-body movement" courses, and, of course, yoga.

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FITNESS TREND

Celeb trainer says more and more clients ask how to get a bigger butt

The members of the Kardashian family are known for many things, not the least of which is an abundant posterior.

It's been just over a year since Kim broke the Internet with a magazine cover popping champagne on her behind, and one week since she nearly did it again with an Instagram selfie wearing nothing but black bars.

Since then, celebrity trainer Gunnar Peterson has been seeing one training request more and more: a bigger butt.

As trainer to Kim's younger sister Khloe Kardashian, Peterson knows what he's talking about.

He spoke with Torstar News Service from Los Angeles at 5:30 a.m. local time while spinning on his stationary bike.

A lot of people want bigger legs, a bigger butt. Some called 2015 the "year of the butt."

Was that on the Chinese calendar? I didn't see that on the menu at the Mongolian barbecue the other day. (laughs)

Is that something you've been seeing?

Of course. It's an ongoing request. They have to bear in mind that to add size, that comes with adding calories above and beyond what you're burning, and getting adequate rest.

I'm sure we know some guys who spend innumerable hours at the gym and they're not gaining any size. They're probably not recovering. Their food is either not adequate or not timed out properly. It's a tough pursuit.

When you think women have on average 10 to 20 per cent the testosterone that we have — which is required to build lean tissue — that's a tough road. I would say lift heavy, eat more, sleep more. That's for men and women.

I would say lift heavy, eat more, sleep more.

Gunnar Peterson, personal trainer, on attaining a bigger backside

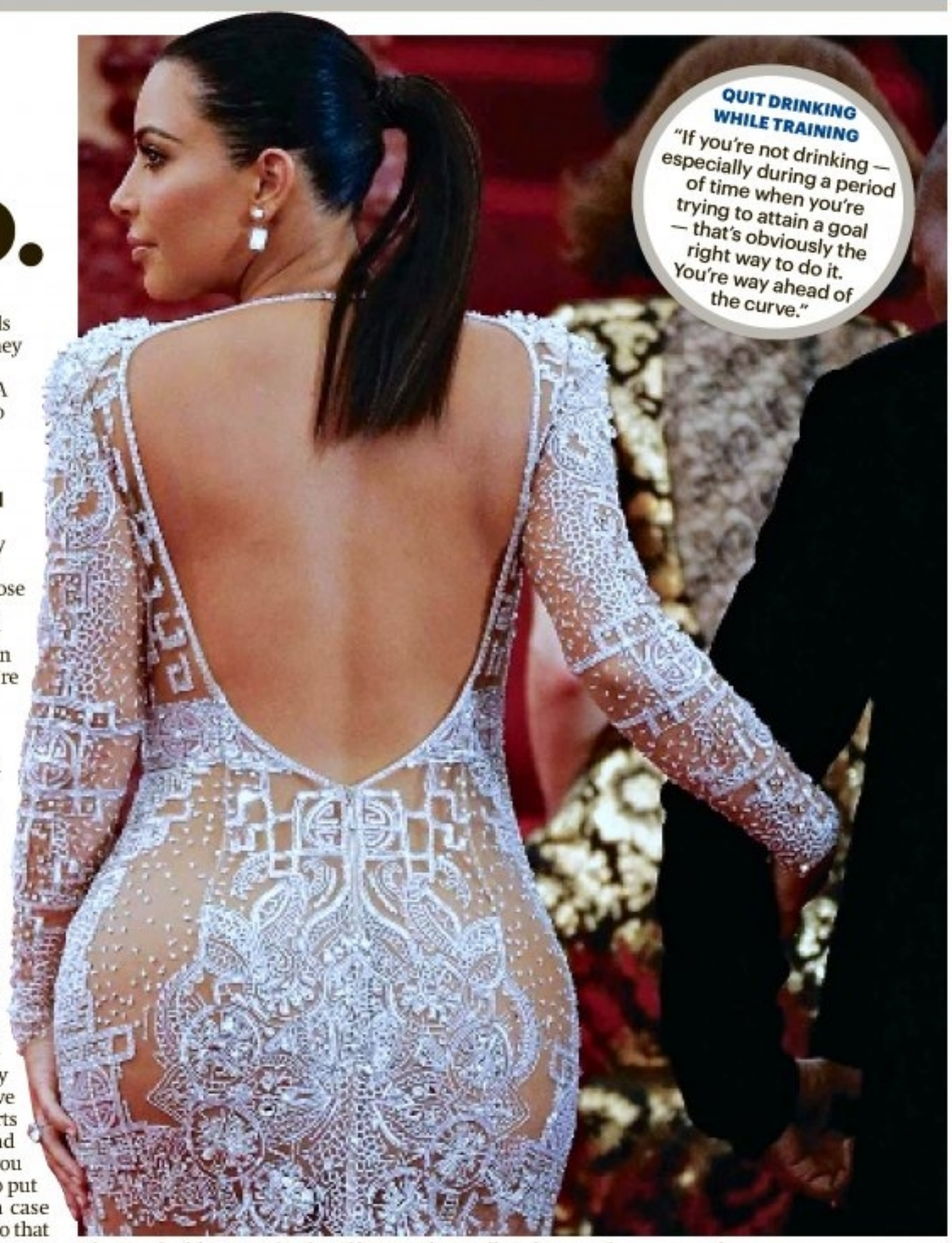
Those are tough protocols to assign to a woman. They don't want to hear "eat more" a lot of the time. A lot of them don't want to hear "lift heavy."

What are some of the misconceptions around building a bigger butt?

You look at people in any power sport, you see big butts. Those guys and those girls are not on all fours, pressing the sole of their foot to the ceiling with an ankle weight on it. They're just not. And if they are it's for a video or it's to get a quick pump. The real building comes with the deep squats, the heavy weights, the dead lifts, the deep lunges, the sleep and the food.

Why is sleep so important?

That's the only time your body recovers. If you think of the dated term "body building," it's actually body destroying. What you do in the gym is actually tearing your body down. It's when you leave the gym that the body starts the recovery process and goes "Holy s—, what did you just hit me with? I have to put myself back together in case you're stupid enough to do that again." TORSTAR NEWS SERVICE


QUIT DRINKING WHILE TRAINING
"If you're not drinking — especially during a period of time when you're trying to attain a goal — that's obviously the right way to do it. You're way ahead of the curve."

Kim Kardashian's aspirational bottom is sending droves of women to the gym. GETTY IMAGES

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QUOTE
"It's just what you make it ... every workout can be scaled and adapted."

Lindsay Hilton poses for a portrait at CrossFit OnSide in Halifax on Sunday. ZANE WOODFORD/METRO

Woman's video inspiring millions

TRAINING

Lindsay Hilton finds fame after CrossFit routine goes viral

Haley Ryan
Metro | Halifax

After a viral CrossFit video and years on the rugby field, a Halifax woman without limbs shows you can't count out those who "don't quite look the same or walk the same."

Lindsay Hilton has always been active, including playing rugby for years with Mount Allison University and the Halifax Tars. Looking for another challenge, she landed on CrossFit this September after winning a month membership at a local gym through a burpee contest.

"It's just what you make it ... every workout can be scaled and adapted," Hilton said about the high-intensity fitness program.

A few weeks ago, Hilton asked those at CrossFit OnSide to take a video during her workout to check out her form, and knew the gym owners might share it but had no idea it would end up on the official CrossFit Facebook page.

The views began rolling in after it was posted last Wednesday, and by Monday the video of Hilton lunging across the gym with a bar then switching to pull-ups had been seen over six million times, with over 60,000 shares and 7,000 comments.

"It's kind of crazy ... I definitely was not expecting that many people to see me do that workout," Hilton laughed.

Many of the comments mention how inspiring Hilton is, with one man sharing how his depression about an injury melted away when he saw "this amazing woman killin' it."

Hilton said there's always a way to pursue what you want to do and there are lots of resources from adaptive athletes online. Although it's a "work in progress," weightlifting hooks and Velcro straps with a chain that's attached to a bar do the trick.

Encouragement is great, but Hilton said she's often surprised by people telling her she's inspiring because she doesn't feel like she's accomplishing a great feat — and "my form's not awesome."

However, Hilton said she hopes young people with missing limbs or other disabilities see her do everyday things as well as sports, and think "'I can do that as well,' and then the message gets passed on."

Hilton's sister-in-law, Katie Hilton, said she's proud to know Lindsay and she's never met another person "quite like her."

Lindsay shows there's always a way to achieve anything if you put your mind to it, Katie said.

Lindsay also received the International Rugby Board's Spirit of Rugby Award in 2012, and Katie said she's a wonderful ambassador to sport and the province.

"Don't count out people that maybe don't quite look the same, or walk the same, or talk the same," Katie said. "My sister-in-law is proof that there's amazing things happening around here."

HEALTH BRIEFS

Ottawa spent $2.2 million in legal fees for maternity, sickness benefits lawsuit

Newly released figures show the federal government has spent more than $2.2 million in legal fees fighting a class-action lawsuit over maternity and sickness benefits.

Most of that — $2.06 million — has been through the federal Justice Department with a further $176,377 estimated to have been spent at Employment and Social Development Canada. The federal government waived solicitor-client privilege that would have prohibited the release of the figures.

The government is being sued for refusing to pay sickness benefits to women who became ill while on maternity leave.

Parliament decided in 2002 to allow those who were diagnosed with cancer, for instance, to access 15 extra weeks of EI payments on top of their year of maternity leave. The lawsuit alleges that didn't happen and some 60,000 women were denied such claims over a decade.

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The messiness of modern breakups

MODERN LOVE

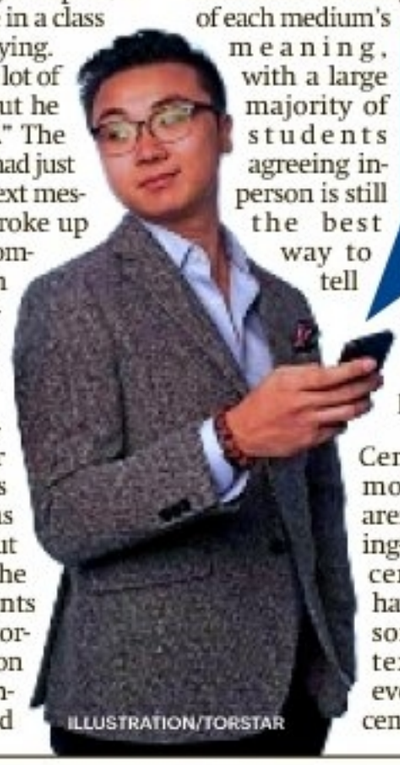
Digital changing the way we hook up — and split up

Back in 2006 — just two years after Mark Zuckerberg founded Facebook — Indiana University anthropologist Ilana Gershon recalls showing a clip from comedian Dave Chappelle in a class and noticing a student crying.

"Dave Chappelle does a lot of things," Gershon says. "But he doesn't make people cry." The student, she later learned, had just been dumped through a text message. "He wrote to her, broke up with her, then refused to communicate with her through any other medium," Gershon recalls, who grew fascinated with this new relationship reality.

In her book, The Breakup 2.0: Disconnecting Over New Media, Gershon writes about interviewing dozens of undergrad students about dating and breakups in the digital age. When students told her their "breakup stories," many shared a common thread: A focus on whether someone was dumped through a text, email, phone call, Facebook message or in-person conversation. "This gives important information about how the person hearing this should be interpreting it," Gershon says.

In other words, "the medium is the message," as Canadian communication theorist Marshall McLuhan wrote back in 1964. Fast forward 40 years, and Gershon found modern daters have a keen understanding of each medium's meaning, with a large majority of students agreeing in-person is still the best way to tell someone it's over. But that doesn't mean people actually do it.



ILLUSTRATION/TORSTAR

One Pew Research Center report found most young people aren't a fan of dumping-by-text, yet 27 per cent of teen daters have broken up with someone through a text message (and even more, at 31 per cent, have been on the receiving end.)

Far from uncommon, this is the new breakup landscape, and one that's often impersonal and bewildering. Even celebrities aren't immune. Take pop-star Katy Perry, whose 14-month marriage to comedian Russell Brand ended on her phone. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she told Vogue back in 2013.

Aside from being impersonal, B.C.-based registered clinical counsellor and master certified Gottman therapist Darren Wilk says texting can lead people to be downright cruel during a split — a trend he's noticed in his 15 years of working with couples.

"The texts I've seen from them," he says. "Just the swearing, and the names, and assassinating each other's character." Even 10 years ago, things weren't that bad. "Now, whatever comes to people's minds, they just push send."

The Pew research found even fewer young people support breaking up through social media messages or a changed Facebook relationship status. Still, those get used too, with 6 per cent of teens reporting that they've broken up with someone through both those strategies.

One Canadian startup, dubbed The Breakup Shop, is capitalizing on society's eagerness to dump people digitally. Starting at $10, you can buy a breakup text, while $29 will get you a breakup phone call with a runtime of a minute or less. And for $80, you can buy the dumpee a "breakup gift pack," complete with Chips Ahoy! rainbow cookies, a Netflix gift card, two red wine glasses, a handcrafted sympathy letter, and either a copy of The Notebook on Blu-ray or the video game Call of Duty: Ghosts. Since launching in early November, the company says it has performed around 160 breakups, and plans to launch an app in the spring to deliver even more breakups "without the hassle."

But anyone who's been dumped knows modern breakups are a hassle, filled with both physical and digital clutter. Matt Shumate, author of self-help book From Broken Up to Bro 2.0, recommends a complete online detox from an ex to speed up the healing process. "Don't unfriend them from Facebook necessarily," he said in an email. "But certainly unfollow and make sure that they won't be popping up into your social feeds." (It's something Facebook has been paying attention to, launching new tools late last year so people see less of their old flames without blocking or deleting them.) For some, those measures don't go far enough, and healing after a breakup might mean staying off social media altogether, Shumate told me.

The post-split social media purge makes sense. The entire dating landscape has changed in the digital age. People are dating longer, providing ample opportunities to meet new partners and, inevitably, split up with most of them. In the 1960s and '70s, the average age for a first marriage was just over 25 for men and 22 for women, but by the late 2000s, the average age for both was around 30.

Now we're haunted by past flames on Facebook, dumped over text, ghosted by lovers who disappear despite having a world of communication tools at their fingertips. However you do it, a post-split detox doesn't change the messy reality: Breakups today are a minefield of impersonal communication methods and lingering digital memories, including many that are impossible to erase.

But it's worth keeping in mind that splitting up is a natural — and time-honoured — part of dating. "Some relationships are about saying goodbye," says Wilk. "And that's fine."

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SURPRISE RELEASE

Kendrick Lamar album debuts at No. 1

A surprise new album by Kendrick Lamar opened Sunday at No. 1 on the U.S. chart in the latest triumph for the critically acclaimed rapper.

The album — the fourth by the 28-year-old, entitled untitled unmastered. — sold 178,000 copies or the equivalent in streaming in the United States in the week through Thursday, Nielsen Music said.

Lamar released untitled unmastered. without previous notice on March 4 in the wake of the Grammys, where he was the music industry gala's biggest winner with five awards.

He characterized the album as a series of rough works from the studio, although the songs take on heavy themes including an opening track that mixes images of the biblical apocalypse and contemporary social ills.

The latest album hit number one despite the lack of a physical release. A CD came out on Friday, seven days after the digital version and too late to be considered for the first-week chart.

AFP

Kendrick Lamar was the biggest winner at the 2016 Grammys, where he picked up five awards. AFP

It's a Crowded life for Seinfeld's beloved Puddy

ART IMITATES LIFE

Patrick Warburton returns with NBC sitcom

Crowded is the title of Patrick Warburton's new comedy, but it also could describe his schedule.

The 51-year-old actor — still fondly remembered for his turn as Elaine's boyfriend "Puddy" on Seinfeld — returns to NBC Tuesday in the sitcom. (The series moves to Sundays at 9:30 ET after the premiere.)

The midseason comedy stars Warburton as Mike, the head of a family still growing after the kids were expected to move out. Carrie Preston (The Good Wife) plays his wife Martina, and Mia Serafino and Miranda Cosgrove play boomerang daughters back from college. When Mike's retired parents (Stacy Keach and Carlease Burke) unexpectedly also move in, hilarity, as they say in sitcom land, ensues.

Creator Suzanne Martin (Hot in Cleveland) based the show on her own experience. "We were so sad when our girls left and then so happy about a month after and were having so much fun," she says of her home life. "Then, after college, they both moved back in again. It just seems like everyone is doing that."

Not everyone, but 31 per cent of millennials are living in their parents' home right now in the U.S., according to Martin.

It is true also in Warburton's house. He calls the series Crowded Light because he and his wife Cathy have four children at home, including two college students, plus four dogs. "The in-laws lived with us all of last year," he says, adding that there's also "a boyfriend and a girlfriend who think they live at our house."

That's a lot of mouths to feed and Warburton is doing his best to provide. Besides the new sitcom, the star can be heard in several commercial campaigns, where his deep voice is prized.

TORSTAR NEWS SERVICE

Carrie Preston and Patrick Warburton play a couple with boomerang kids and live-in in-laws in Crowded. CONTRIBUTED

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Issues, not apps the focus at South by Southwest

TECHNOLOGY

Talks of digital privacy, robots eclipsed new launches at fest

Big-picture issues and futuristic ideas — rather than the usual hot app or startup launch — have taken the spotlight at this year's South by Southwest Interactive tech jamboree in Austin, Texas.

President Barack Obama's opening keynote on Friday referenced the current fight between Apple and the FBI and set an issue-driven tone for the conference. And a daylong online harassment summit put the spotlight on the troubling topic of online harassment.

Meanwhile, panels focused on futuristic ideas such as robots for the elderly and supersonic public transportation.

Here's a look at the buzziest trends so far at the festival's tech-focused conference, which runs through Tuesday.

Kerry Washington spoke at a South by Southwest event on how social media has impacted traditional media's representation of diversity and beauty. Hers was just one of many issues-based events. THE ASSOCIATED PRESS

Big issues

It's an election year, and hotly debated issues dominated discussions. Obama, the first U.S. president to headline a SXSW event, said he was strongly committed to encryption but said authorities must be able to access data held on electronic devices to fight crime and extremist violence. He didn't specifically comment on the FBI's case against Apple, however. A federal court has ordered Apple to help the FBI break into a phone used by one of the San Bernardino killers. Apple has appealed the ruling and says the government plan puts the privacy of all users at risk.

Futuristic ideas

Rodney Brooks, creator of Roomba and CEO of Rethink Robots, argued that robots aren't as dangerous as people think they are. At one point, he reached into his pocket and pulled out a coin — then noted that no robot is currently capable of doing the same.

Still, the robotics pioneer thinks robots will be essential for elder care, helping with daily tasks, acting as companions and driving people around. In similar respects such as manufacturing, he argued, robots won't displace jobs, they'll do the work no one wants to do.

Tech and music

As always, tech and music intermingled during the festival. When the indie-rock band Great Caesar played at a popular local bar, it was no ordinary SXSW show. Its sponsor, Doppler, was testing ear buds designed to augment live music. Via an app, ear bud wearers could adjust the bass they could hear, for example, or create an echo effect.

They could also choose pre-mixed filters that mimic the sound effects of different places, such as a small studio or Carnegie Hall.

"I like having some kind of control over what I'm listening to," said Marshall Heinz, a law student in Austin who tried out the device. "I make music, so to interact with people who are way better musicians than me is pretty cool."

Sony's 'N' Concept

Sony had one of the buzziest product demos of the festival, previewing a prototype device called the "N" concept neckband.

It's a speaker that rests on the neck, plays music, takes pictures and responds to voice commands such as queries about the weather. Response to the device, unveiled Saturday, has been enthusiastic, said research and development deputy president Jun Maruo, who said there's no timeline for when Sony might release the neck band or what it might cost.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Your favourite shows offer lessons on race

Black-ish has been more black and less 'ish' this season, writes Johanna Schneller. CONTRIBUTED

THE SHOWS: Black-ish, Season 2, Episode 1 (ABC/City); and American Crime Story: The People v. O.J. Simpson, Season 1, Episode 5 (FX)
THE MOMENT: The N-word

Adorable moppet Jack (Miles Brown) rapped the N word during a school concert. His school wants to expel him.

His father Dre (Anthony Anderson) defends him to the (mostly white) board.

"You people are trying to eliminate a word from my son's vocabulary because you think it's ugly," Dre says.

"Isn't it?" asks a white administrator.

"From you, it would be," Dre replies. "The white man either wants nobody to say it because he can't, or everybody to say it because he wants to."

Black-ish has been more black and less ish this season, and is stronger for it.

In Episode 16, for example, the family reacts to police brutality against African-Americans. In this episode, people utter the N word 10 times in 22 minutes.

The same debate recently popped up on The People vs. OJ Simpson: Two black lawyers argue whether the word should be allowed in court. Christopher Darden (Stirling K. Brown) says it's hurtful to black people; Johnnie Cochran (Courtney B. Vance) says black people can and have handled much worse.

These shows, along with the just-concluded series American Crime (in which a black high-school basketball captain is implicated in the rape of a white teammate), examine issues of race and class from multiple angles.

They harken back to the 1970s, when Norman Lear's sitcoms All in the Family and Maude routinely delivered civics lessons to a broad audience.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Defenceman P.K. Subban will sit out at least two more games with a neck injury, Montreal Canadiens coach Michel Therrien said

Caps trade controversial Mattocks to rivals Portland

MLS

Outspoken, pacy striker has history with Timbers' coach

Cam Tucker
Metro | Vancouver

Darren Mattocks is now officially a member of the Portland Timbers.

The Vancouver Whitecaps traded the speedy striker to their Cascadia Cup rivals in a deal that was announced Monday. In exchange for Mattocks, the Whitecaps receive allocation money, targeted allocation money and a 2017 international roster spot.

Mattocks, 25, joined the Whitecaps in 2012 when he was selected second overall in the MLS SuperDraft. His biggest asset during his rookie season was his speed, which helped him to score seven goals in 21 games in MLS competition that year. He also scored the club's first-ever goal in MLS Cup playoffs that same year.

But difficulties finishing, inconsistent play and injury issues led to a decline in production from the Jamaican following his rookie season, and additions to the roster to bolster the striker position under the tenure of Carl Robinson meant Mattocks had become expendable.

Controversy and trade speculation followed Mattocks during his time in Vancouver, particularly after his sophomore season.

Shortly after that 2013 regular season, in which the Whitecaps failed to qualify for the playoffs, Mattocks infamously sounded off on Jamaican television, ripping Martin Rennie, who had been previously relieved of his duties as manager of the club.

19

Darren Mattocks scored 19 goals in 93 MLS games with the Whitecaps.

Mattocks insinuated that the reason the Whitecaps didn't make the playoffs was because he wasn't played enough during that second season under Rennie.

Mattocks also said in that interview that there was an MLS team — he wouldn't disclose which one — that offered the Whitecaps $1.2 million for the services of the striker but Vancouver turned it down.

Mattocks, who has a history with Portland coach Caleb Porter dating back to their time with the University of Akron soccer program, now belongs to a bitter rival of the Whitecaps.

"Darren is an exciting player that has game-changing pace and has displayed his goal-scoring ability in MLS and with Jamaica," said Porter in a statement.

"He can provide depth in the striker role or as a winger and will bring another weapon to an already strong attacking group."

A potential return to Vancouver for Mattocks with his new club is less than two months away. The Whitecaps and Timbers meet May 7 at BC Place Stadium.

Darren Mattocks was most prolific in 2012, his MLS rookie season, when he scored seven goals in 21 appearances with the Whitecaps. JONATHAN FERREY/GETTY IMAGES FILE

NHL CANUCKS AIM TO PICK OFF VISITING PREDATORS
Nashville Predators' centre Mike Fisher, left, checks Canucks' centre Markus Granlund during the third period Monday in Vancouver. For the result of this game and more, visit metronews.ca. JONATHAN HAYWARD/THE CANADIAN PRESS

NHL

Grenier recalled from Comets

Alex Grenier became the latest player recalled from the Utica Comets to the Vancouver Canucks, which should give management and the coaching staff another look at the former third-round pick this late in the season.

The Canucks recalled the 24-year-old Grenier on Monday morning, well in advance of their game later in the evening against the Winnipeg Jets at Rogers Arena. Brendan Gaunce was sent back to the Comets.

Grenier was expected to be in the lineup, despite travelling across the continent after playing three games in three nights — all on the road — for Utica.

Building off a strong 2014-15 season, Grenier is on pace for a career high in points this season down in the minors and he had recorded six points in four games prior to being called back to Vancouver.

"That's a tough one but he'll be excited about playing," head coach Willie Desjardins admitted to reporters after the game day skate.

Grenier has already played for the Canucks once this season. It was a small sample size, just shy of nine minutes played back on Nov. 18. But it was a debut that warranted at least a second opportunity to show what he could be capable of in the NHL, as the Canucks' roster continues to go through transition.

Grenier recorded four shots on goal in his debut. At five-on-five, he had a plus-three Corsi For rating on a night the Canucks were outshot in a losing cause.

CAM TUCKER/METRO

IN BRIEF

Rare bad day for Greinke
Every pitcher gives up runs in spring training, even Zack Greinke. Greinke had his first rough inning of the spring Monday in the Arizona Diamondbacks' 8-3 victory over a Seattle Mariners split squad.

Greinke gave up a home run to Kyle Seager and triples to Luis Sardinas and Seth Smith in a three-run third. The right-hander, signed by the Diamondbacks to a six-year, $206.5 million free agent contract, went 3 2-3 innings. He allowed three runs on six hits, struck out two and hit a batter.

THE ASSOCIATED PRESS

Shock Premier League leaders Leicester march on
Shinji Okazaki's overhead kick gave leader Leicester a 1-0 victory over Rafa Benitez's Newcastle on Monday, a goal as spectacular as his team's improbable Premier League title challenge.

Leicester restored its five-point lead at the summit over Tottenham with eight games remaining.

THE ASSOCIATED PRESS

Murray upset at Indian Wells
Andy Murray has lost in the third round of the BNP Paribas Open at Indian Wells, Calif., getting beaten in three sets by 53rd-ranked Federico Delbonis of Argentina.

Delbonis scored the biggest win of his career, outlasting Murray 6-4, 4-6 7-6 (3) on Monday in a two-hour, 46-minute struggle.

THE ASSOCIATED PRESS

Blues' Tarasenko named 1st star after 6-point week
St. Louis Blues right-winger Vladimir Tarasenko, Florida Panthers centre Vincent Trocheck and New Jersey Devils goaltender Keith Kinkaid have been named the NHL's three stars of the week.

Tarasenko tied for the League lead with six points (three goals, three assists) in three games to power the Blues to three wins and a share of first place in the Western Conference.

THE CANADIAN PRESS

RECIPE Fish Tacos with Glazed Sweet Potato

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A zesty burst of spices paired with a hit of maple roasted sweet potato make these simple fish tacos your Tuesday night dinner date.

Ready in
Prep time: 15 minutes
Total time: 40 minutes
Serves 4

Ingredients
- 4 to 6 mahi-mahi or halibut fillets
- 1 tsp ground cumin
- 1/2 tsp ground chili powder
- 1/2 tsp ground oregano
- 1/2 tsp garlic powder
- 1/2 tsp ground cinnamon
- 1/2 tsp salt
- 1 small sweet potato, diced into 1/2-inch cubes
- 2 tsp maple syrup
- Salt
- 1 tsp butter

Suggested ingredients for serving:
- Corn or whole wheat tortillas
- Coleslaw
- Salsa
- Chopped fresh cilantro
- Sour cream
- Guacamole

Directions
1. Preheat oven to 425 F and grease a large baking sheet.
2. Combine the cumin, chili powder, oregano, garlic powder, cinnamon and salt in a small bowl and mix with a fork to combine. Sprinkle over fish and rub spice mix evenly across the fillets.
3. Place on prepared sheet and bake in the oven for 12 to 15 minutes, or until fish flakes with a fork. Place mahi-mahi on a platter and pull fillets apart with a fork.
4. Toss sweet potato with maple syrup and sprinkle with salt.
5. In a skillet over medium-low heat, add the butter and sauté the sweet potato for about 10 minutes, or until tender. Set aside.
6. Serve fish and sweet potato alongside other fixings.

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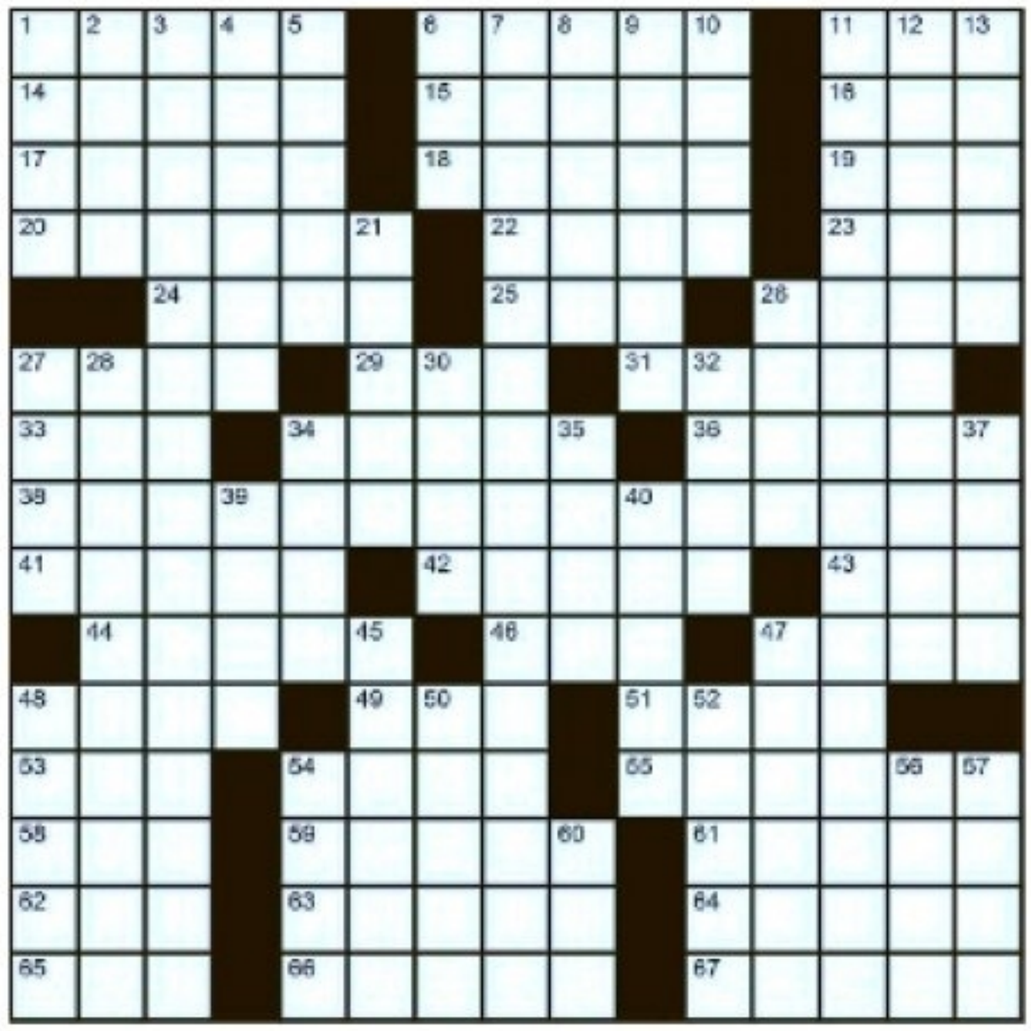
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Massivenesses
6. Eight member group
11. "You've Got Mail." co.
14. Glass-ceiling lobbies
15. Monte _ (Gambling destination)
16. Lingerie item
17. Layovers
18. Love, in Laval
19. Comfy retreat
20. Canadian music legend Tommy
22. Bread and rice and chocolate desserts, cute-style
23. Curious
24. Reggae star Peter
25. Dined
26. Ed of "Daniel Boone"
27. Baking recipe amt.
29. Kimono sash
31. Las Vegas _
33. Pilot's 'height', briefly
34. Wise saying
36. Rile
38. Smallpox, as brought to the New World: 2 wds.
41. Vichyssoise vegetables
42. Insincere smile
43. Collagen injection site
44. Painter's stylish hat
46. Irish carrier, _ Lingus
47. Takes steps
48. Lethbridge's li'l locale
49. Female lobster
51. Broadway star Linda
53. Donnybrook
54. Mediterranean cheese
55. Lively Baroque dances in France
58. Writer of The Raven
59. Harsh
61. Prefix to 'dyne' (Toothpaste brand)
62. Mr. Sullivan's of variety TV
63. Harmony
64. Desert greenery
65. Grocery shopper's reference of needed things, briefly
66. Shrek voicer Mike
67. "_ _ Majesty's Secret Service (1969)"

DOWN
1. Heavenly _ (Ice cream flavour)
2. "_ _, Brute?" - Caesar
3. CN Tower's location in Toronto: 3 wds.
4. _ _ Tailors (Canadian menswear chain)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV: 2 wds.
8. Speckled fish
9. Sidesteps
10. Crags
11. Exerciser's one-of-some on the way to a six pack: 2 wds.
12. Miner's discovery: 2 wds.
13. Brings in the airplane
21. _ Island (New England state)
26. "Rule, Britannia" composer
27. Weight unit in China
28. Aristocrats: 2 wds.
30. Lamb sounds
32. Undertaking
34. Church section
35. 'Little _' Bouvier Beale (Jackie Kennedy's cousin played by Drew Barrymore in HBO movie "Grey Gardens" in 2009)
37. Positive replies, in slang
39. Pod vegetable
40. Asymmetrical [abbr.]
45. Hypothesis
47. Sea between Greece and Turkey
48. Adrien _ (Skincare brand)
50. Chopin music piece
52. Music for Donna Summer
54. "3rd Rock _ the Sun"
56. Punta del _, Uruguay
57. Montreal 'evening'
60. Timecard abbreviations

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You need to confront something that both scares and excites you. Old fears and desires are likely to return today and you will have to fight an emotional battle you thought was over and done with. End it this time.

Taurus April 21 - May 21
Do whatever it takes to reach your goal. No sacrifice is too great. No effort is beyond you. But while you may have the power to transform yourself don't think you can transform others — you can't.

Gemini May 22 - June 21
Mercury, your ruler, at odds with Jupiter, means that someone powerful will try to bend you to their will today. Don't let it happen. Take a stand.

Cancer June 22 - July 23
Others may say that something cannot be done because it is too much for them but that does not mean it is too much for you. Reach out and embrace what is new and exciting.

Leo July 24 - Aug. 23
You're being pushed harder than ever before but that's good because you need to be tested. The closer you come to what you thought were your limits the more you will realize that you are capable of much more.

Virgo Aug. 24 - Sept. 23
You may want to discuss contentious topics but others are desperate to avoid them. Take the hint and don't push too hard. If you force the issue the results may not be to your liking.

Libra Sept. 24 - Oct. 23
Try not to twist yourself in knots over things you cannot control. What is fated to be will be, whether you worry about it or not, so put all negativity behind you once and for all.

Scorpio Oct. 24 - Nov. 22
You may believe you know what's best but that does not give you the right to impose your solutions on others. Speak truth as you see it and let others make their own choices.

Sagittarius Nov. 23 - Dec. 21
You may not have the qualifications or the experience that your rivals possess but you do have the ability to adapt quickly. The more fixed others are in their ways the more likely it is you will win.

Capricorn Dec. 22 - Jan. 20
While others are complaining that life is unfair you will be quietly going about your business in a state of calm and careful determination. Today's events will work in your favour.

Aquarius Jan. 21 - Feb. 19
Listen to advice today, even if it comes from people whose opinions you don't always agree with. If they say you are wasting your time on a project that is close to your heart they may be right. Don't hold on to what is no longer useful to you.

Pisces Feb. 20 - March 20
It is better to back down than to risk making enemies of people who have more power than you. It's not cowardly, it's common sense.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		2				8	5	
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Your daily crossword and Sudoku answers from the play page.

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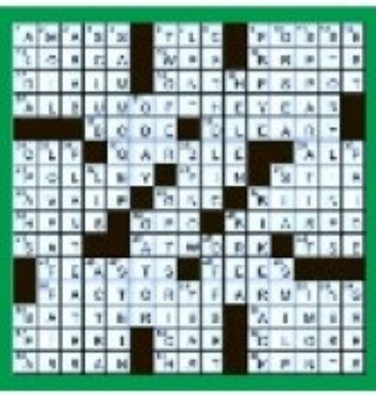

6	7	4	2	3	8	5	1	9
5	9	8	4	7	1	2	3	6
3	1	2	5	9	6	7	4	8
4	5	1	3	6	2	8	9	7
8	6	9	7	1	4	3	2	5
2	3	7	8	5	9	4	6	1
1	8	3	6	2	7	9	5	4
7	2	6	9	4	5	1	8	3
9	4	5	1	8	3	6	7	2

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH

100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
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